



## Stigma Free Pledge Sign Up Sheet

The StigmaFree campaign is NAMI's effort to end stigma and create hope for those affected by mental illness. Many people are fearful to talk about their mental wellbeing out of a fear of rejection and discrimination.

**Sign below to pledge that you are a safe person for those living with mental distress to talk to without the fear of judgement.** Together, we can encourage acceptance and understanding.

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